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NEWS WORTH SHARING.

Calgary's classroom crunch

City school's on the verge of being 'completely full,' public board warns PAGE 3

See Spot preserved

A Missouri taxidermist is painstakingly preserving the family pet for thousands of dollars. It's the least a best friend can do PAGE 13

TABOOS AROUND EATING HORSES MAY BE SOFTENING IN CANADA AND OTHER COUNTRIES

THE RECENT HORSEMEAT SCANDAL IN EUROPE HAS MANY SEARCHING FOR 'HORSEMEAT RECIPES' ONLINE

PAGE 10 & 11

HELPING HAND

After the grey vehicle at right spun out and got stuck in deep snow on Deerfoot Trail on Sunday afternoon, the driver of the black vehicle pulled up alongside and helped push the car out before a more serious accident could occur. ROBSON FLETCHER/METRO

Winter wallop catches Calgary by surprise

Power outages. Enmax says electrical-pole fires, triggered by road salt and wet snow, left thousands of Calgarians without power Sunday

ROBSON FLETCHER
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True to the old adage, March came in like a lion, catching Calgary off-guard with a sudden Sunday snowstorm that dumped up to 20 centimetres on the city, closing roads, cancelling flights, and resulting in numerous injuries.

"It surprised me how much it was actually snowing out there compared to what they had forecast," said former Calgary resident David Ward as he sat in the airport Sunday afternoon, waiting for a flight home to Vancouver that was hours behind schedule.

The delay was actually the second part of a weather double-whammy for Ward. Earlier in the day he was involved in one of more than 100 car crashes in the city.

"This idiot — um, I mean, this nice young man — was going a little quicker than he should and the light turned red and he tried to stop and he just couldn't," Ward said. "So he swerved over into my lane and did major damage to my rental car."

Police received 130 collision reports between 6 a.m. and 3 p.m., said Insp. Rick Tuza.

Emergency medical responders attended 35 of Sunday's collisions, said EMS spokesman Stuart Brideaux, the most serious of which involved a semi rear-ending a pickup truck and sending a man in his early 50s to hospital in serious but non-life-threatening condition.

Fortunately, Brideaux said, while the snow was a factor in many of the crashes, it also kept drivers from travelling too quickly.

"They were low-speed collisions, by and large, which equated to either non-injury or minor-injury collisions," he said.

Police closed several highway and city routes throughout the day, including westbound Heritage Drive near Deerfoot Trail due to downed power lines.

The Heritage closure could be in effect until noon on Monday, police said.

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Budget woes. School boards predict tough year

With new marching orders in hand, Alberta school boards could be putting classroom jobs and resources on the chopping block, a spokesperson said on Sunday.

"All school boards have to operate within their means — they know their finances," Jacquie Hansen, president of the Alberta School Boards Association, said in a phone interview from Quebec. "It's going to be one of the toughest years ever."

Hansen's comments came amid rising tensions between Alberta teachers and the province. Friction over the weekend centred largely on a new email sent to school boards on Friday from Education Minister Jeff Johnson. In it, Johnson ordered all boards to negotiate deals that include a three-year wage freeze and no more than a two per cent salary bump in the fourth year.

The Alberta Teachers' Association was quick to accuse Johnson of "manufacturing a crisis" and interfering in a negotiating process traditionally left to local representatives with each of the province's 62 school boards.

ATA spokesperson Jonathan Teghtmeyer said musings from the minister about legislating a deal and possible salary rollbacks without a provincewide agreement are hampering progress at the bargaining table.

Johnson was not available for an interview on Sunday to discuss the email.

JEREMY NOLAIS/METRO

Officials with the Calgary Catholic School District, including district chief superintendent Gary Strother and trustee chair Mary Martin, are anticipating a tough time squeezing kids into rapidly diminishing spaces at Calgary schools. Their colleagues at the larger Calgary Board of Education are in the same boat. METRO FILE

Calgary schools verge on being 'completely full'

Classroom crunch. Public board issues warning to parents as it awaits new funding

JEREMY NOLAIS
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A school-space crunch being felt across the province is going to hit Calgary particularly hard, parents are being warned.

With the province set to release a budget on Thursday under tight financial constraints, it remains to be seen if any of the 50 new schools and 70 modernization projects promised during the last election will be green-lighted.

And even if they are, representatives with both the Calgary Board of Education and Calgary Catholic School District say it will take at least three years to open the doors on any new schools.

The public board in particular expects systemwide utilization rates to be at 87 per cent by then, a six per cent jump above its current average, and is sending home a message to parents in newsletters warning that "the need is going to get worse before it gets better."

"It (utilization) has never been this high in recent memory," CBE spokesperson Richard Peter said on Sunday. "It's tough all over in Alberta — I can't imagine what it's like in places like Fort McMurray — but in Calgary the situation is particularly serious and particularly urgent."

Classroom size

- The CBE says the current Alberta utilization rate in schools is 70 per cent.
- To stay close to its 80 per cent utilization target, the CBE is requesting $667 million for school projects over the next three years.

The Catholic board, meanwhile, sits at 79 per cent utilization and appears destined to hit 85 per cent in three years.

Trustee chair Mary Martin was quick to point out her district considers schools to be "completely full" at that point, adding the remaining 15 per cent of school space is typically reserved for libraries, band rooms and other learning areas.

"We are growing at an average of 100 kids per month, which is an average of four classrooms," Martin said. "It's a huge issue."

Police ask feds to help in remediating legal marijuana grow-ops

Calgary police hope federal support for remediation will bloom, with Health Canada expected to move ahead this spring with commercializing supply of medicinal marijuana to licensed users and ban all home-growing of the product.

But while Calgary police support that move, Deputy Chief Murray Stooke said concerns remain about remediating hundreds of properties.

Police have long claimed that legal grows see many of the same issues as those used for criminal enterprise, the only difference being that discovered illegal sites are listed publicly to caution future property buyers.

By the numbers

300

Calgary police estimate conservatively that there are 300 licensed medical marijuana grow-ops in the city.

"We are really interested to hear what Health Canada's position is on the remediation issue because we don't want to see a buyer of a residence find out only after they have purchased the property that it has mould and wiring issues in it," Stooke said.

Realtor Bill Fowler worked closely with government on grow-op issues during his time with Alberta Real Estate Association. He believes the province needs to establish an air-quality standard for all homes, regardless of what plants were being grown inside.

JEREMY NOLAIS/METRO

Transit. Keating mulls East Village-style funding for SETWAY

If it's working for the East Village, why not for transit, too?

That's the question Ald. Shane Keating would like city staff to answer.

Keating plans to put forward a motion at Monday's council meeting to look at using a community revitalization levy (CRL) as a source of funding for the proposed dedicated bus route, known as the southeast transitway, or SETWAY.

Rather than waiting for provincial funding, Keating said Sunday the city should "look at all the options."

A CRL, he said, would involve borrowing against expected additions to the property-tax base in a to-be-developed area and using the funds to spur the development. The addition of high-speed transit would help spark growth in underdeveloped areas along the proposed SETWAY line, Keating said, making the project a potential candidate for a CRL.

ROBSON FLETCHER/METRO

Calgary 2012 hailed as a cultural success

Changing perceptions. Grants from cultural capital designation helped local artists and organizations create hundreds of projects during the past year

LISA WILTON
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There were a few raised eyebrows when Calgary was announced as Canada's cultural capital for 2012.

Could the conservative heart of Canada and oil-industry centre also be a hub of creativity? It seemed improbable to those not familiar with Calgary's already-vibrant art and music scenes.

But as Calgary 2012 wraps up, organizers are calling the year-long designation a success, having made a positive impact on the public's perception of local cultural programming.

"People are telling us that pretty regularly these days," says Karen Ball, executive director of Calgary 2012.

"Whether you got a chance to celebrate in Calgary's cultural capital year or not, I think it's resonating across the city that this is a cultural place. And to me, that's the truest measure of success."

About 400 grants totalling more than $2 million were given to musicians, theatre professionals and visual artists to produce projects and events during the past year.

In all, close to $6 million was injected into the arts community.

Grassroots grants for smaller projects, such as art pieces and club-level concerts, received the bulk of the funding, but 167 larger grants for professional organizations and 45 artistic-exchange grants were also handed out.

"By far the biggest expenditure we made was directly into the hands of artists and workers in the creative industries," says Ball. "We were able to take the designation and the really important funding that comes with it and attract additional dollars and get those funds out to the community."

A screening of The Making of the Sweet City Lip Dub and Calgary 2012 wrap party will be held Monday evening at BMO Centre.

Quoted

"By far the biggest expenditure we made was directly into the hands of artists and workers in the creative industries." Karen Ball, executive director of Calgary 2012

Were you there?

Three to remember

Calgary is the last city to be given the Canadian cultural capital designation. Here are three notable projects to come out of Calgary 2012:

Nuit Blanche
Calgary's inaugural late-night outdoor arts event took place at Olympic Plaza in September and attracted 15,000 people.

Battle City YYC Breakdance Championship
Battle City YYC received a grassroots grant to host dancers from all four quadrants of the city in an epic battle to crown Calgary's best young breakdancer this past November.

Doors Open YYC
Thousands of Calgarians took the opportunity to visit some of the most culturally and historically significant buildings in the city that are otherwise inaccessible to the general public.

LISA WILTON/METRO

Calgary 2012 executive director Karen Ball says Calgary has become a major cultural centre in Canada. KATIE TURNER/METRO

Grant recipients grateful for support

Kenna Burima couldn't have pulled off the End of the World Music Festival in December if it wasn't for Calgary 2012.

The successful event — which saw 15 local bands perform their favourite songs for "one last show" at The Legion No. 1 — received $10,825 from Calgary 2012, which was supplemented with sponsorship funds and ticket sales.

"I was able to connect various artistic disciplines such as music, art, video, film and dance with high-level arts administrators, production, marketing, web design, sponsorship development, artist management and sound and video production," says the musician and organizer.

End of the World Music Festival organizer Kenna Burima said grant funding was essential to the event's success. FACEBOOK

Another grant recipient, blues guitarist and music instructor Mike Watson, got $6,500 to bring in Chicago bluesman Fruteland Jackson.

"I was able to mentor him as a musician and an educator," he says. "It helped me co-ordinate my own Blues in Schools program and has helped me by giving me insight into the world of being a true educator, while still being true to what I do and love."

Burima says she's not sure what the Calgary 2012 legacy will be but hopes it will benefit the artistic community.

"If it inspired just one artist to create outside their comfort zone and … to consider what they do differently, then I'd say there's the legacy right there."

LISA WILTON/METRO

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Trudeau blasts rival's 'negative' approach

Liberal leadership race. Star candidate has increasingly found himself the subject of attacks in recent weeks

Marc Garneau, left, looks on as Justin Trudeau speaks at the Liberal party leadership debate in Halifax on Sunday. ANDREW VAUGHAN/THE CANADIAN PRESS

Liberal Justin Trudeau accused a rival of resorting to negative tactics during a leadership debate Sunday as he attacked assertions that his bid for the party's top job has been heavy on rhetoric but light on detail.

Trudeau took Marc Garneau to task during a one-on-one at the debate in Halifax, saying that the Liberals don't want to see the party "turned in on each other."

"That's why I'm relentlessly positive in this campaign, and that's why the top-down, backroom-heavy negative campaign that has been run by other people in this campaign is something that I don't think Liberals want to see," said Trudeau, who has boasted about running a positive campaign.

The sparring between the two Quebec MPs was one of the more spirited exchanges in the two-hour debate that also saw candidates attack Joyce Murray's plan to work with the NDP and Greens to defeat the Conservatives.

Garneau said Trudeau has been ducking the big issues, telling the perceived front-runner that Canadians deserve more than platitudes.

"I believe that Canadians want to see substance. They don't want empty words," Garneau said. "They may not like what I have to say, but at least they will know where I stand."

Trudeau said he has voiced his views on a variety of issues, citing his opposition to the Northern Gateway oil pipeline and support for the legalization of marijuana as examples.

THE CANADIAN PRESS

UN. Food plan urged to fight hunger

The United Nations right-to-food envoy says the Harper government's controversial decisions to scrap the long-form census and negotiate a free-trade deal with Europe will make it more difficult to fight poverty in Canada.

Those are among the many cutting observations made by Olivier De Schutter, the United Nations' special rapporteur on the right to food, who will release his report Monday in Geneva at a meeting of the UN Human Rights Council.

The report calls on Ottawa to create a national food strategy to fight hunger among a growing number of vulnerable groups, including aboriginals and people struggling to make ends meet on social assistance. It says the strategy should spell out the levels of responsibility between various governments.

In the 21-page report, De Schutter also takes aim at some of the core items of the Harper government's agenda, saying they undermine access to food.

Ottawa has repeatedly said issues of poverty and housing are best left to the provinces.

THE CANADIAN PRESS

He's a winner on Twitter

The deadline for Liberal leadership hopefuls to sign up new supporters for the party and their candidacies was Sunday. Over the last six months, Justin Trudeau signed up new Twitter followers at a rate far outpacing his rivals, gaining an average of 6,743 a month, with Marc Garneau trailing with an average of 886 followers a month.

GRAEME ROY/THE CANADIAN PRESS

Fatal shooting

Cop killed in Quebec standoff

A Kativik Regional Police officer who was fatally shot after responding to a domestic dispute in northern Quebec Saturday night is being remembered as a "great young man" as his family in Ottawa reels from the sudden loss.

Quebec provincial police identified the deceased as Steve Dery, 27.

Dery was responding to a home in Kuujjuaq, Que., about 1,600 kilometres northeast of Montreal, when shots were fired at him.

Police remained at the scene during a lengthy standoff with a man, who remained inside the home. They found him dead inside Sunday afternoon and believe he committed suicide.

JOE LOFARO/METRO IN OTTAWA, WITH FILES FROM THE CANADIAN PRESS

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Brooklyn. Expectant parents die in car crash – but unborn baby survives

A pregnant woman who was feeling ill was headed to hospital with her husband early on Sunday when their car was hit, killing them both — but their baby boy was born prematurely and survived, authorities and a relative said.

The driver of a BMW slammed into the car carrying Nachman and Raizy Glauber, both 21, at an intersection in the Williamsburg neighbourhood of Brooklyn, said Isaac Abraham, a neighbour of Raizy's parents.

Raizy was thrown from the car, and her body landed under a parked tractor-trailer, witnesses said. Nachman was pinned in the car, and emergency workers had to cut off the roof to get him out.

Both were pronounced dead of blunt-force trauma at hospital, according to the medical examiner.

Their infant son was in serious condition, Abraham said. The hospital did not return calls about the child, but police said the Glaubers' driver was in stable condition. The driver of the BMW and a passenger fled and were being sought by police.

A crowd gathers for funeral services. VERENA DOBNIK/THE ASSOCIATED PRESS

The Glaubers were married about a year ago and had begun a life together in Williamsburg, where Raizy grew up in a prominent Satmar Orthodox Jewish rabbinical family, said Sara Glauber, Nachman's cousin.

Hours after their deaths, the Glaubers were mourned at a funeral on Sunday afternoon. THE ASSOCIATED PRESS

Baby may be second person cured of AIDS

Mississippi. Aggressive treatment just after birth left child healthy a year off medication

A baby born with AIDS appears to have been cured, scientists announced on Sunday. The child from Mississippi is now two and a half and has been off medication for about a year with no signs of infection.

There's no guarantee the child will remain healthy, although testing uncovered just traces of the virus's genetic material still lingering. If so, it would mark only the world's second reported cure.

A doctor gave this baby faster and stronger treatment than usual, starting a three-drug infusion within 30 hours of birth. That was before tests confirmed the infant was infected and not just at risk from a mother whose HIV wasn't diagnosed until she was in labour.

Dr. Deborah Persaud is the lead investigator into the cure's success. JOHNS HOPKINS MEDICINE/THE ASSOCIATED PRESS

The fast action apparently knocked out HIV in the baby's blood before it could form hideouts in the body. Those so-called reservoirs of dormant cells usually reinfect anyone who stops medication, said Dr. Deborah Persaud of Johns Hopkins Children's Center. She led the investigation that deemed the child "functionally cured." THE ASSOCIATED PRESS

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Seffner, Fla. Heirlooms recovered from family home ruined by sinkhole

Crews on Sunday razed more than half of the Tampa-area home perched over a huge sinkhole that swallowed a man three days ago, managing to salvage some keepsakes for family members who lived there.

The house had been owned by Leland Wicker since the 1970s.

The operator of the heavy equipment worked gingerly. Family belongings were scooped onto the lawn in hopes of salvaging parts of the family's 40-year history in the home.

As of Sunday afternoon — when demolition had stopped for the day and only a few walls of the home remained — a Bible, family photos, a jewelry box and a pink teddy bear were among the items saved. Firefighters were also able to unearth a purse.

Wanda Carter, daughter of Leland Wicker, cradled the large family Bible in her arms. She said her mother and father had stored baptism certificates, cards and photos between the pages of that Bible over the years.

Hillsborough County administrator Mike Merrill said the remaining walls of the house would be knocked down on Monday. THE ASSOCIATED PRESS

Jeremy Bush, right, prays by his former home. CHRIS O'MEARA/THE ASSOCIATED PRESS

Gastroenteritis

Queen Elizabeth II hospitalized for first time in years

Britain's Queen Elizabeth II was hospitalized on Sunday over an apparent stomach infection that has ailed her for days, a rare instance of ill health sidelining the long-reigning monarch.

Elizabeth will have to cancel a visit to Rome and other engagements as she recovers, and outside experts said she may have to be rehydrated intravenously.

Buckingham Palace said the 86-year-old queen had experienced symptoms of gastroenteritis and was being examined at London's King Edward VII Hospital — the first time in a decade that Elizabeth has been hospitalized.

The symptoms of gastroenteritis — vomiting and diarrhea — usually pass after one or two days, although they can be more severe in older people. Dehydration is a common complication.

The illness was first announced on Friday, and Elizabeth had to cancel a visit to Swansea, Wales, on Saturday. THE ASSOCIATED PRESS

U.S. rewards Egypt's promises of reform with aid money

An Egyptian activist shouts slogans as she holds a poster depicting Egyptian Islamist President Mohammed Morsi doctored to resemble Adolf Hitler during a protest outside the Egyptian foreign ministry being visited by U.S. Secretary of State John Kerry in Cairo. AMR NABIL/THE ASSOCIATED PRESS

$250 million. U.S. secretary of state gives assistance to President Morsi in support of Egypt's 'future as a democracy'

U.S. Secretary of State John Kerry on Sunday rewarded Egypt for President Mohammed Morsi's pledges of political and economic reforms by releasing $250 million in American aid to support the country's "future as a democracy."

Yet Kerry also served notice that the Obama administration will keep close watch on how Morsi, who came to power in June as Egypt's first freely elected president, honours his commitment and that additional U.S. assistance would depend on it.

"The path to that future has clearly been difficult and much work remains," Kerry said in a statement after wrapping up two days of meetings in Egypt, a deeply divided country in the wake of the revolution that ousted longtime President Hosni Mubarak.

Egypt is trying to meet conditions to close on a $4.8-billion loan package from the International Monetary Fund. An agreement would unlock more of the $1 billion in U.S. assistance promised by President Barack Obama last year and set to begin flowing with Kerry's announcement.

THE ASSOCIATED PRESS

Quoted

"There must be a willingness on all sides to make meaningful compromises on the issues that matter most to all of the Egyptian people."

U.S. Secretary of State John Kerry

Syria. Battle over territory escalates as rebel fighters make more advances

Following rebel gains, the leader of the Syrian opposition made his first visit Sunday to areas near the embattled northern city of Aleppo as fighters trying to oust President Bashar Assad captured a police academy and a border crossing along the frontier with Iraq.

Assad, meanwhile, lashed out at the West for helping his opponents in the civil war, delivering a blistering rebuke to Secretary of State John Kerry's announcement that the U.S. will for the first time provide medical supplies and other non-lethal aid directly to the rebels in addition to $60 million in assistance to Syria's political opposition.

Aleppo, the nation's largest city, has been a major front in the nearly two-year-old uprising. Government forces and rebels have been locked in a stalemate there since July.

Mouaz al-Khatib met Sunday with Syrians in the two rebel-held Aleppo suburbs of Manbah and Jarablus, a statement said. The stated goal of his trip — his first since being named the leader of the Syrian National Coalition late last year — was to inspect living conditions.

But his foray to the edge of Aleppo also could be an attempt to boost his group's standing among civilians and fighters on the ground, many of whom see the Western-backed political leadership in exile as irrelevant and out of touch. THE ASSOCIATED PRESS

More to come?

The territorial gains are a significant blow to Assad, although his forces have regained control of several villages and towns along a key highway near Aleppo International Airport — which could signal the start of a decisive battle for Syria's commercial capital.

Protesters demand health details of Chavez

Hundreds of protesters took to the streets of Venezuela's capital on Sunday, demanding the government provide complete details about the health of ailing President Hugo Chavez. At the same time, Chavez supporters staged their own rally in the city.

Protesters waving Venezuelan flags chanted "Tell the Truth!" as they marched through eastern Caracas. They accused government officials of keeping from the public a full account of Chavez's condition.

"They don't tell us the truth," complained Mildred Moreau, 64. "We feel that they are trying to trick us."

THE ASSOCIATED PRESS

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Horse as the main course

On the menu. What's distasteful to some is more than palatable at Toronto's La Palette

JESSICA SMITH
jessica.smith@metronews.ca

Restaurateur Shamez Amlani says he understands being vegan — but refusing to eat horse while chowing down on the noble cow and the friendly pig? That's just "speciesism."

Amlani and his wife opened La Palette on Toronto's Queen West just over 12 years ago. When he first asked his meat supplier to find him horse, there weren't any other restaurants in Toronto serving it. La Palette, he said, offered it clandestinely to customers with a "pssst, we have horsemeat" whisper, rather than putting it on the menu.

Now, horse tartare and two horse main courses are on the menu. Horsemeat, being so lean, is a favourite of athletes but is also so tender his wife calls it "the butter of meats," he said.

As it turns out, we might not eat a lot of horse but we supply a lot of people who do.

Canada exports thousands of kilograms of horsemeat each year.

Amlani said horsemeat squeamishness can be traced to 732, when Pope Gregory III decreed eating horse a "filthy and abominable custom."

"People will have a very schizophrenic approach to why you shouldn't eat it — they'll start by saying they're companion animals, they'll tell you it's bad for you because of (drugs) that might be present in the meat and they'll switch back to 'But they're so cute,'" he said.

Others will encourage a distaste for horsemeat as "the thin edge of the wedge" in their attempts to convert others to veganism.

Amlani knows all about people's objections. His restaurant has been the focus of protests, and sometimes diners walk out when they see horsemeat on the menu.

Horse tartare and tenderloin, as prepared by Chef Brook Kavanagh of La Palette. FERNANDO CARNEIRO/METRO

Taste test

Savouring the tenderest of meats

To me, the horsemeat debate comes down to taste. We eat beef, pork — why not horse?

On to the taste test. La Palette, a French bistro on Queen Street West, serves horsemeat.

I started with a tartare — raw horsemeat with onions and seasoning.

I was surprised by how tender horsemeat is, despite being so lean. It's also mild — much milder than beef. I wondered if the seasonings were keeping me from fully tasting the meat. The dish was delicious, but I wanted horse on its own.

The tenderloin gave me that opportunity. Seared on the outside and rare on the inside, it was accompanied by a mushroom oat risotto, seasonal vegetables and a port reduction. I could've eaten the meat with a spoon, it's so soft. And a little sweet. It won me over.

FERNANDO CARNEIRO
Metro
fernando.carneiro
@metronews.ca

Some horsemeat stats

13,489 Canada exported 13,489 metric tonnes of horsemeat in 2011. That's down 24 per cent since 2010, when Canada exported 17,766 metric tonnes.

89,348 There were 89,348 horses slaughtered in licensed slaughterhouses in Canada in 2011, each weighing an average 0.28 metric tonnes.

Recipe pays homage to one of the most beautiful animals

Hayfire Roasted Horse Tenderloin with the Foods It Liked Most

- 2 pounds horse tenderloin
- damp hay
- applewood
- 1/4 cup rendered horse suet
- 2 large heirloom carrots
- 2 firm cooking apples
- 1 tbsp fermented oat paste (could substitute miso)
- 2 cups alcoholic dry apple cider
- 2 tbsp apple cider vinegar
- 2 cups finely diced carrots, onions and celery (mirepoix)
- 1 tsp julienned fresh sage leaf
- 10 pounds horse bones
- whole oats
- good butter
- chives

For the horse and its carrots and apples: Build an applewood fire. Over it suspend a rendered-horse-suet-brushed cast iron grill. When the fire subsides and the embers burn bright, place a layer of damp hay, the whole carrots and apples (peels intact), then more damp hay over the coals. Place the seasoned tenderloin on the hot grill and roast on all sides over the apple-hay smoke until the outside is deep brown and crispy. Move the horse to a warm corner of the fire to rest before slicing. Peel the cooked apples and carrots.

For the horse's oats: Make a stock of horse marrow bones, fermented oat paste and roasted hay. Toast the whole oats in good butter with sage. Add the mirepoix, deglaze with a dry alcoholic apple cider, the cider vinegar and the horse stock. Simmer until oats are tender, adding more stock as necessary. Finish with more good butter, chives, and season to taste.

For the horse reduction: Boil the remaining horse broth with a cup of apple cider until it is thick and sticky. Right before serving add a few spoons of cold butter and whisk to incorporate. Serve each guest a few spoons of the oats, a thick slice of tenderloin, a few slices of apples, carrots and the reduction.

CHEF BROOK KAVANAGH, LA PALETTE

Arguments in the horsemeat controversy

- **Argument: Horses can be mistreated or unethically killed.** Last winter, the Toronto Star published an exposé about horses bought at a "kill" auction in the U.S. It followed a trailer of horses that were left without food, water or room to move for 22 hours as they made the trip to an abattoir in Quebec. The Canadian Horse Defence Coalition has secretly filmed some of Canada's abattoirs and found some instances in which horses are improperly killed.
- **Counterargument: It's no different than cattle slaughter — humane.** Horsemeat proponents argue the process is the same as the slaughter of cattle. Plus, killing a horse for its meat, instead of leaving it improperly cared for at a farm that no longer has use for it, is ultimately more humane.
- **Argument: There could be harmful drug residue.** Phenylbutazone (PBZ) is an anti-inflammatory given to many horses, especially racehorses, which can end up at abattoirs. The drug can cause serious health problems in humans if ingested.
- **Counterargument: Horsemeat is tested.** The Canadian Food Inspection Agency (CFIA) has a "zero tolerance for phenylbutazone in food" and conducts random spot tests of horsemeat for residue of the drug, finding "a very high compliance rate" with the law.

ROBSON FLETCHER/METRO IN CALGARY

Which meat will you eat?

"It's based on taste. I like steak, I like beef, chicken.... I've never had horsemeat before. But I would if it was good."

Brian Jansen, 23, actor, eats meat

"I would try almost anything. I've eaten venison, I've eaten buffalo, elk, kangaroo — I think — and ostrich."

Stephanie Nadler, 50, artist and stay-at-home mom, eats meat

Would you eat horsemeat?

"To me, meat is meat.... I don't understand why it's different than cow or pig."

Kristen Corbet, 31, works in the solar-energy industry, doesn't eat meat

"I don't think people should eat horsemeat.... So many people love horses and have them as a pet."

Logan Thayalan, 30, database assistant, eats meat, but not horsemeat

WH YO TAS

The recent horsemeat scandal has generated more curiosity than controversy. Searches for 'horsemeat recipes' spiked dramatically following news that horsemeat disguised as beef had been sold across Europe. In Canada, searches for

Who's not too sweet to eat?

We asked which animals you would eat. Here's how you voted:

AT'S UR TE?

'horse recipe' have been generally trending upward since 2008, reaching an all-time high this February. Volumes were highest in Alberta, perhaps indicating that cattle country is developing a taste for horses.

Rabbit

92 votes

Cow

128 votes

Frog

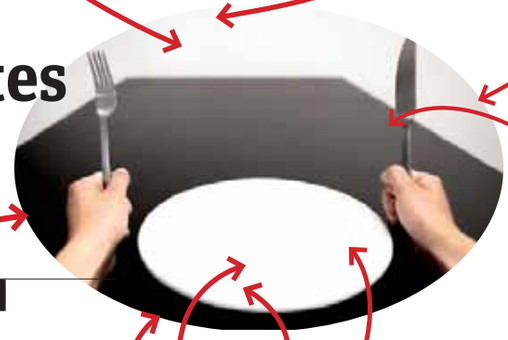
64 votes

Salmon

125 votes

Dog

0 votes



Horse

67 votes

Chicken

132 votes

Camel

62 votes

Seal

58 votes

Caterpillar

25 votes

Kangaroo

72 votes

Pig

122 votes

ALL PHOTOS: ISTOCK

Horsemeat. Big business in Alberta

Canadians consume about 650,000 pounds of horsemeat and export about 30 million pounds of it each year, with most coming from the province best known for its cattle.

"Probably two-thirds of the Canadian processing is done in Alberta," said Bill desBarres of the Horse Welfare Alliance of Canada, an advocacy group for the horsemeat industry.

While some might bristle at the thought of slaughtering horses for food, advocates like desBarres believe it's the best end-of-life option for many of the animals.

"It's the most humane option — for horses that qualify — to go to processing," he said. "But the horse must qualify. It can't have phenylbutazone administered in the life of the horse, for instance. That's a painkiller that does not have a designated withdrawal time."

Horses that have consumed other drugs can qualify after spending sufficient time on a feedlot for the drugs to clear their systems, desBarres said.

The Canadian Food Inspection Agency "has zero tolerance for phenylbutazone in food," according to its website, and employs both random and targeted testing of horsemeat for the drug and other contaminants.

Other groups, however, like the Canadian Horse Defence Coalition, say it's impossible to guarantee that horses sent for slaughter are free of such drugs. "With such random, scanty testing protocols in place, one can only imagine how many drug-positive horses slip through the cracks," CHDC executive director Sinikka Crosland said in a recent statement.

Bruce Flewelling, who buys and sells horses for meat in Alberta, said processing may be distasteful to some — including his own father, who was an avid horseman — but he prefers it to simply burying or cremating horses at the end of their lives.

"With processing, you get something out of the horse," he said.

ROBSON FLETCHER/METRO IN CALGARY

Horses wait to be ushered into the auction ring in Nebraska in 2008. Most of the animals were sold so they could be sent to Canada to be slaughtered.

NATE JENKINS/THE ASSOCIATED PRESS FILE

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THAT'S JUST
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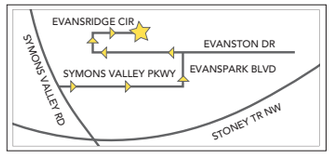

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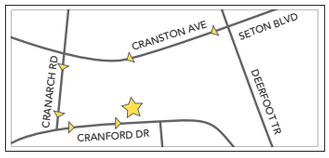

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DISCOVERY
HOMES

Group acts as a suicide support team

Right-to-die activists. B.C. foundation says its members want to be able to assist with 'self-chosen deaths'

Months before B.C. Supreme Court Justice Lynn Smith struck down Canada's law on doctor-assisted suicide, Russel Ogden and a colleague attended the suicide of a 90-year-old woman in the province's West Kootenays.

As Margaret Joan Lunam — a mother, veteran of the Second World War and aspiring Buddhist — ended her life, the fragrance of gilead and balm filled the crisp afternoon air of her Kaslo, B.C. home, and yellow daffodils lay nearby.

The visit wasn't a first for Ogden, a criminologist at Kwantlen Polytechnic University, who said he has attended what he calls "self-chosen deaths" for research before and has even been arrested by police. But it was a first for him as director of the Farewell Foundation for the Right to Die, a group that will be in court Monday when the federal government appeals Smith's ruling.

The foundation, which believes its members should be able to receive assistance to end their lives and provide assistance to other members who want to do the same, even for non-medical reasons, has published a five-page protocol for attending self-chosen deaths. "The principal reason for attending is because members do not wish to die alone and they also wish to ensure that their death is reported appropriately to the coroner and the police," said Ogden.

"This ensures that there is no traumatic discovery by somebody who is not expecting to walk into a room and find somebody who is deceased."

The foundation's protocol says members choosing their own deaths who want a support team present must make the request in writing.

THE CANADIAN PRESS

Deep loss

"There is no pleasure in being with somebody when they end their lives. It is a changing moment and it is a time of deep loss."

Russel Ogden on how tough it is to be part of a 'self-chosen death' support team

Constitutional issue

Government to appeal ruling

The federal government appears in the B.C. Court of Appeal this week to challenge the June 15, 2012, ruling by B.C. Supreme Court Justice Lynn Smith, who found the Criminal Code's provisions on doctor-assisted suicide were unconstitutional.

Specifically, Smith ruled the Criminal Code infringed on a plaintiffs' charter rights to life, liberty and security of person, but gave Parliament one year to draft new legislation.

Eight groups, including Ogden's which now represents about 280 members, have been granted intervenor status in the appeal, which will be webcast between Monday and Friday.

Protests outside the courthouse have also been announced by several of the groups.

The foundation's protocol says members choosing their own deaths who want a support team present must make the request in writing. THE CANADIAN PRESS

Loss of pressure

Big Easy water possibly tainted

Taps in New Orleans briefly went dry Sunday after a boiler's heating flame went out of control in the plant supplying electricity for the city's water treatment.

Marcia St. Martin, executive director of the city's Sewerage and Water Board, said the outage lasted less than 20 minutes Sunday morning. She said the loss of pressure opened the way for possible contamination, and water samples are being taken citywide.

THE ASSOCIATED PRESS

Kenya. Police warn of election-day attacks by Somali militants

Five years after more than 1,000 people were killed in election-related violence, Kenyans on Monday will begin casting votes in a nationwide election seen as the country's most important in its 50-year history.

Clerics across Kenya gave sermons dedicated to peace on Sunday, and urged the country to prove wrong the "prophets of doom" who predict violence.

A barrier to a peaceful vote is that the country faces so many potential triggers of violence. The police issued an alert late Sunday that criminals were planning to dress in police uniforms and disrupt voting in some locations.

In addition, intelligence on the Somali-Kenya border indicated Somali militants planned to launch attacks on the polls; a secessionist group on the coast is threatening attacks; and the tribes of the top two presidential candidates have a long history of tense relations.

THE ASSOCIATED PRESS

Keeping your pets past the expiry date

Freeze-dried Fido.
Taxidermist makes sure animal lovers never have to say goodbye

Anthony Eddy looks into a conventional freezer while a dog is preserved inside a freeze dryer in Slater, Mo. Animal lovers from across the U.S. call on Eddy to faithfully preserve their beloved departed pets for posterity through a freeze-drying process that can take up to a year. JEFF ROBERTSON/THE ASSOCIATED PRESS

Growing up on the family farm, Anthony Eddy learned early on not to get too attached to animals, including household pets.

His devoted customers are a different story. Pet lovers across the U.S. count on the Missouri taxidermist to faithfully preserve Brutus, Fluffy and other beloved companions for posterity. Even if it means shelling out thousands of dollars and waiting more than a year for the pets' return.

"They're very distraught, because their child has died. For most people, this animal is their life," said Lessie (Les) Thurman Calvert, Eddy's office manager. "Some are kind of eccentric. But most of them are just like you and me. They don't want to bury or cremate them. They can't stand the thought.... It helps them feel better about the loss."

The front showroom of Eddy's Wildlife Studio in downtown Slater, Mo., is a testament to pet owners' perseverance. Lifelike dogs and cats of all sizes are scattered along the floor, from a perky-looking Brittany spaniel to a regal Persian cat, a lone iguana and the stray cockatiel or two.

Departed pets of all persuasions spend up to one year in hulking, freeze-dry metal drums before they are painstakingly preserved and returned to their owners.

THE ASSOCIATED PRESS

Executive pay

Swiss rein in 'fat cat' bosses

Swiss voters voiced their anger at perceived corporate greed Sunday by approving a plan to boost shareholders' say on executive pay. Some 67.9 per cent of voters backed the Rip-Off Initiative, according to Swiss public television station SRF.

The outcome of the referendum was considered a foregone conclusion after opinion polls in recent months showed strong public support for the initiative.

News last month that the outgoing board chairman of Swiss drug maker Novartis AG, Daniel Vasella, was to receive a leaving package worth about $78 million further fired up public sentiment against "fat cat" bosses. Vasella later said he would forego the deal.

Swiss lawmakers will now have to draft a law giving shareholders the right to hold a binding vote on all compensation for company executives and directors.

THE ASSOCIATED PRESS

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Fresh face, future focus

IMV Projects, a Wood Group Mustang company, is pleased to announce the appointment of Sandra Hall as Vice President, Business Development and Strategy.

Sandra's primary responsibilities are to promote IMV Projects' continued growth, develop and execute strategic business initiatives, and lead our business development team.

Sandra holds an MBA from the University of Manitoba, Asper School of Business, a B.Comm from the University of Calgary and has held senior management roles in the EPCM and utility industries.

"I was drawn to this company for a number of reasons, including its entrepreneurial culture, dynamic team and the prominent role it plays in the Canadian energy sector. I am delighted to embark on this new professional challenge and look forward to contributing to IMV Projects' continued success."

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HOW TO LOSE FRIENDS AND INFLUENCE

HIGH PLAINS DRIFTER
James Callsen
calgary@metronews.ca

The swift, total and completely deserved political fallout from Tom Flanagan's comments this week drive home exactly how we as Albertans, Canadians and humans feel about child sexual abuse and child pornography.

A man who mentored numerous Canadian politicians and who helped Danielle Smith and the Wildrose party almost rise to power at their first crack at the bat, a man widely respected throughout many political circles across North America, a man who should know a thing or two about what to say when there are microphones present has swiftly flushed a pedigreed career straight down the toilet.

What does this tell us?

It says we, as a society, have zero tolerance toward such things, and I'm A-OK with that.

You can try to argue some kind of point in support of impaired driving or bonehead racism, but the issue where you won't find anyone willing to back you up or even hear you out involves the horrible, intolerable hurt inflicted upon children.

What, exactly, was Mr. Flanagan thinking when he stated that he has "grave doubts" about "putting people in jail because of their taste in pictures?"

What kind of unsung story is lurking behind someone who wants to look at something that involved robbing a child of their innocence? I don't want to hear it.

Shame on you, Mr. Flanagan.

Shame on you for attempting to draw a line between child porn and personal liberty.

Even the coldest, most standalone libertarian would tell you that one's personal enjoyment or freedom of speech shouldn't come from the suffering of others, let alone a child.

What did you expect the reaction to be?

Disgraceful defence

Shame on you for attempting to draw a line between child porn and personal liberty.

You're supposed to be one of the big brains behind Canadian politics.

You're supposed to be a smart man. How can you even begin to tell Canadians that it is — in some way, shape, or form — OK?

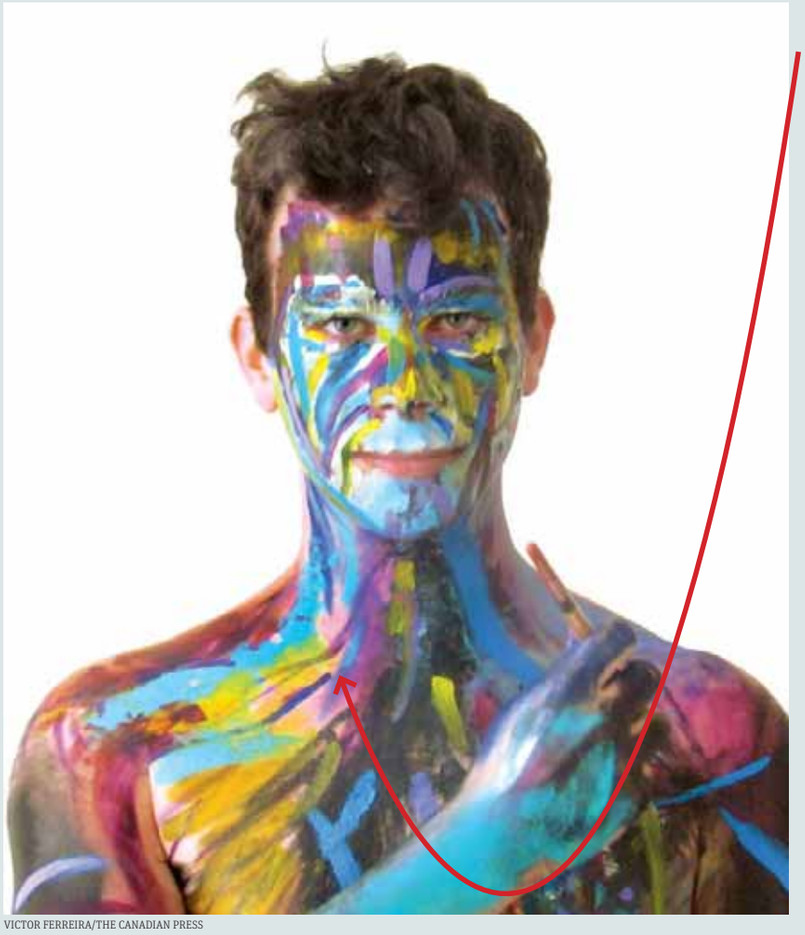
One only needs to look at the rate at which every entity (both media and political) that had anything to do with Flanagan ran away screaming to realize the quickest way to alienate your friends and allies was by opening your mouth and essentially saying, "Ya know, child pornography isn't actually as bad as it seems."

And let this be a lesson to anyone else that seems to think that child abuse is, somehow, in some way, OK.

It's not.

ZOOM

Radiate from the inside out



VICTOR FERREIRA/THE CANADIAN PRESS

Artist uses canvas as his muse

Matti McLean once hated his body so much that, in his last year of high school, he stopped eating.

Now he's advertising the beauty of the human form by transforming it into a work of art.

Through the Human Canvas Project, established last year, McLean uses his paintbrushes to capture both his subjects' figures and personalities.

Using music, discussion and individual colour choices, McLean tries to tap into each person's special character and use the body as the canvas it's painted on.

He has created 145 canvases since beginning, he said, adding his work is reaching an audience ranging from Australia to Peru.

THE CANADIAN PRESS

Colour at end of the tunnel

"A lot of gay men struggle with eating disorders. I didn't like who I was and took it out on my body."

Matti McLean
Founder, Human Canvas Project
He explained he overcame his self-esteem issues and began the Human Canvas Project as a way to document his close friends and the way that he saw them on the inside.

No ordinary joe. Passion for coffee fuels local man's good works

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one.

One Calgary café owner's quest for the best coffee bean has taken him from the precipitous mountain roads of Tarrazu, Costa Rica, to the sky-high coffee farms of Huila, Colombia.

"Looking down on the clouds watching fog roll over the small coffee farms brings a magical feeling," says Russ Prefontaine, who co-owns Analog Coffee and Fratello Coffee Roasters.

He works with coffee farmers around the world to develop unique roasts and foster direct trade relationships based on fair compensation and mutual passion.

While this Calgarian hops planes as if they're C-Trains, he's always been a local at heart. For 25 years, he's been donating his specialty brews to The Mustard Seed, a Calgary homeless shelter.

Recently, Prefontaine partnered with YYC Hot Chocolate Fest, a month-long cocoa competition and benefit for Meals on Wheels. His contribution was Indian Spiced Chocolate, an exotic blend of spice, chocolate and tea. For a caffeine kick and morale boost, visit Analog Coffee at 740 17th Ave. S.W., and to find out more, go to fratellocoffee.com.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Its youth empowerment event, We Day, was in eight cities across Canada last year, inspiring more than 100,000 attendees.
Email them for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

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Martin Short pretends to be a bagpipe as he hosts the Canadian Screen Awards in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

Canadian Screen Awards bewitched by Rebelle

Golden Globes North. Combo Genies and Geminis event also awards Flashpoint, Laurence Anyways

Rebelle ruled while Flashpoint continued to burn bright at the inaugural Canadian Screen Awards on Sunday, as the best in homegrown film and television gathered for a first-ever joint bash hosted by an off-the-wall Martin Short — who brought along his popular alter ego Ed Grimley.

The Oscar-nominated child-soldier drama Rebelle (or War Witch) dominated the film categories with a whopping 10 trophies, including wins for best film, best director, best screenplay and best actress for its teenage star, Rachel Mwanza. It had been up for 12 awards.

"I'm very touched," said Montreal director Kim Nguyen as he collected the best director prize.

"I'd like to dedicate this to the women in the Congo, their strength, their courage and their resilience."

Meanwhile, perennial TV favourite Flashpoint took the top prizes in the TV race, including best drama and best dramatic actor for star Enrico Colantoni.

The inaugural awards gala celebrated the best in Canadian film and television together for the first time, and Short kicked things off with a musical opening that saw him hoisted by wires to soar over the audience.

"They had me so high up there I could see both of Mike Duffy's houses," quipped Short, keeping things topical for his Canuck audience.

He later lobbed affectionate barbs at Canadian celebrities Don Cherry, Rick Mercer and The Bachelor Canada winner Brad Smith, and took aim at recent Oscar winner Argo, which earned criticism for downplaying Canada's role in rescuing six U.S. citizens caught up in the 1979 Iran hostage crisis.

"It's always nice to be home," Short said to a star-studded audience.

"I flew in on Air Canada. Or as Ben Affleck calls it, American Airlines." THE CANADIAN PRESS

Other big winners

TV comedy actor: Gerry Dee, Mr. D

TV comedy actress: Wendel Meldrum, Less Than Kind

TV drama actress: Meg Tilly, Bomb Girls

International TV drama: The Borgias

Documentary: Stories We Tell, Sarah Polley

Celebration. Madonna to present Anderson Cooper with GLAAD award

Gay advocacy group GLAAD says Madonna will present CNN's Anderson Cooper with an award for openly gay media professionals.

GLAAD said the singer has been chosen to give Cooper the Vito Russo Award at the 24th annual GLAAD Media Awards in New York City on March 16.

THE ASSOCIATED PRESS

Anderson Cooper GETTY IMAGES

Box office

Jack 'slays' the competition

It wasn't exactly a mighty victory, but Jack the Giant Slayer won the weekend at the box office. The Warner Bros. 3D action extravaganza, based on the Jack and the Beanstalk legend, made just $28 million to debut at No. 1, according to Sunday studio estimates. It had a reported budget of about $200 million.

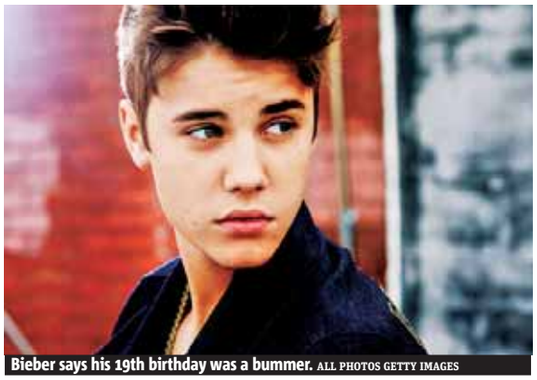
THE ASSOCIATED PRESS

Downton Abbey. Fourth season has some cast comings and goings

Shirley MacLaine will be returning to Downton Abbey next season, and opera star Kiri Te Kanawa is joining the cast.

MacLaine will reprise her role as Martha Levinson, Lord Robert Crawley's freewheeling American mother-in-law, Carnival Films and Masterpiece on PBS said Saturday. MacLaine appeared in episodes early last season. New Zealand-born soprano Te Kanawa will play a house guest. Another new character is Tom Cullen as Lord Gillingham, described as an old family friend of the Crawleys who visits the family as a guest for a house party (and who might be the one to mend Lady Mary Crawley's broken heart).

THE ASSOCIATED PRESS



Bieber says his 19th birthday was a bummer. ALL PHOTOS GETTY IMAGES

Birthday was the worst day, but they sipped $12K in booze when they were thirsty

Justin Bieber's celebrations for his 19th birthday didn't go so swell Friday, leading the star to tweet a simple, "worst birthday." And while his fans leapt to the conclusion that the paparazzi were responsible, it reportedly had more to do with the security at London's Cirque du Soir nightclub, who wouldn't let some of his entourage in because they couldn't prove they were over 18, according to E! News. Bieber still managed to have some fun — dropping a reported $12,000 on bottle service for his pals — but the incident with security put an early stop to the festivities. "I think Justin and his friends had a good time," a source says. "(But) he was, of course, not amused that some of his close friends were refused entrance."

Notice to appear? You can find her in the club

Lindsay Lohan appears to be living it up as much as she can in advance of her March 18 trial — and even skipped out on the latest court appearance related to her case to stay in New York and go clubbing instead, according to Us Weekly. Maybe she knows it doesn't look too good for her this time around when it comes to avoiding jail time, especially considering the drubbing her new lawyer, Mark Heller, has been getting from Judge James Dabney. After dismissing Heller's motions to have the case put on a "slow track," Dabney cautioned that Heller would need someone by his side versed in California law or "Miss Lohan is going to have to come in here and waive her right to have competent attorneys versed in California law and procedure."

Clubbing apparently trumps court for Lindsay Lohan.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is Kanye a playdate hater?

STARGAZING
Malene Arpe
scene@metronews.ca

Mark Wahlberg says he was offered a role in the last Star Trek movie but turned down J.J. Abrams because he "couldn't understand the words or dialogue or anything." Coincidentally the very same reason he stopped modelling underwear for Calvin Klein.

Kanye West rants about Jay-Z and Justin Timberlake's Grammy performance and their new song, Suit and Tie. Jay-Z now regrets not lending Kanye his new toy train before going on the play date with Justin.

Suri Cruise may have a body double. The Brangelina kids are all sulking in their rooms.

"Friend Zone" is added to the Oxford Dictionary. "That's so dumb," says some really nice guy. "But I don't have time to deal with it now. I'm late picking up Tiffany's dry cleaning."

Michelle Obama's Oscar dress gets photoshopped sleeves and a much higher neckline for Iranian TV. "Could you send over some information on how you did that," asks Lindsay Lohan's manager.

Justin Bieber now has more Twitter followers than there are people in Canada. There's only one force on Earth strong enough to fight back! It's time to remobilize the Kiss Army.

Octomom says she has a medical marijuana prescription. She suffers from the incurable condition known as "14 kids."

Rihanna says her and Chris Brown have matured big time in the last four years.

This love is fresh: RiRi

Rihanna claims that things are working better now with on-again off-again boyfriend Chris Brown because they've grown up a lot in the four years since his arrest for assaulting her. The singer insists to Elle UK that they have "a great friendship that's unbreakable. Now that we're adults, we can do this right. We got a fresh start and I'm thankful for that," she says. Rihanna even predicts that she will "probably have a kid" within the next five years.

Twitter

@TheRealRoseanne
Note to americans: if you want to vote for me in 2016-u need to make sure I am on the ballot in your state-educate urselves-it's impossible

@NiallOfficial
Gona get a power nap now! #preshowsleep

@JimCarrey
Vegas has everything except a hotel window you can open.Not gonna lie,being forced to breath super dry central air freaks me out a bit.

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Baby wipes

Not just for bums

Baby wipes are excellent for baby bums, of course. We all know that.

But they are not just for babies anymore. I have found baby wipes to be the perfect eye makeup remover. I ditched my expensive liquid eye makeup remover years ago in favour of the gentle-on-my-skin baby product.

The multi-purpose wipes have a permanent spot in our bathroom for bums, eyes, spills and countertops. I even use them to remove pesky deodorant stains from my clothing.

JENNIFER WALKER OF YUMMYMUMMYCLUB.CA

A cheap solution

Fix for the reluctant biker

My little girl just couldn't get the hang of a two-wheeler bicycle — no matter what.

Instead of paying for an expensive glider, we took the pedals and the chain off of her regular bike.

She then learned how to push and glide to get her balance. It worked perfectly to give her the confidence she needed.

Every child should learn this way!

Once she got her balance and we put the chain and pedals back on, she was off, literally, the first time with no help.

MEGAN ANDREWS OF YUMMYMUMMYCLUB.CA

Exclusively online

After months of anticipation, you're taking your very first wobbly steps. If only John Stamos were here to score the moment with an original ballad. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Keep your toddler smiling

Indoor activities. Is your child stuck indoors all day? Here are fun ways to keep the little one entertained

CAROLINE FERNANDEZ
YummyMummyClub.ca

Snow days, rainy days, days I just have to do laundry — we've had a lot of inside time lately. I have been getting creative with my two-year-old and finding lots of fun inside ideas. Here are my top nine.

Wooden spoon + pots = musical madness!
Doing the dishes and toddler driving you crazy? Give him a pot and a wooden spoon. Bang, clash, boom. So simple, yet so entertaining. Mix it up with plastic bowls, stainless steel pots, wooden and metal spoons (the bigger the better). He's learning about beats and music while getting his banging on.

Cardboard box + crayons = artful activity!
I get tons of cardboard box deliveries. A few crayons (washable, of course!) plus his creativity and it makes for the perfect art experience. Lines, squiggles, circles. He's learning about art without even knowing it.

Empty milk jug + soft ball = toddler bowling!
We go through four litres of milk a day (yes, really!), so before I take those milk jugs back for deposit, we re-purpose them into a bit of play. Line them up against a wall, stand back and gently roll (this takes practice) the ball to knock over the jugs. It's a fun physical activity — there is crouching, bending picking up and running back to knock them down again.

Cars + hands = CRASH!
There is something about crashing things that entertains my toddler to no end. Cars, pillows, teddy bears, two of anything can crash really. It is repetitive and verbal (he sings "crash, crash") and apparently tons of fun.

Fingers + songs = finger songs
Folding laundry and toddler wants your attention? Start singing Head and Shoulders or Wheels on the Bus or The Hokey Pokey. You can do the movements as you fold (whizzing socks around while singing Wheels on the Bus is just organic) and he'll follow along. That's multi-tasking.

Kitchen sink + water = homemade water table.
This was my Tuesday. I pulled a chair up to the sink. I filled it with water and dish soap and put in wooden spoons, plastic measuring cups and some clean plastic yogurt containers. My son instinctively climbed up and went to town splashing and pouring. Yes, the floor got wet. Yes, he got wet too. But the clean up was easy, with a simple swipe of the towel and a quick change of clothes. It was play time well spent.

Swim + bodies = land swimming.
Sounds weird, right? This was part of a game we played at play group where there were "octopus" who had to catch "fish" swimming by. Dear son loved it so much we often land swim around the house. Chanting, "swim, swim swim," we walk around the living room and move our hands like we're swimming. Hurry, a shark!

Hide + seek = where did it go?
Showing an object and then hiding it under my shirt (or his) is a daily event. "Where'd it go?!" we ask each other. I call it training for finding running shoes in his school years.

Books + lap = reading time
Before every nap and bedtime, we read stories. I change up the ones on the toddler reading table (more for my entertainment than his). Currently we are reading Blue Hat, Green Hat by Sandra Boynton and Toupie a peur by Dominique Jolin.

Give her pots and pans to bang on while you wash dishes. ISTOCK

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Shopping with kids can be an adventure. ISTOCK

No judgement near the frozen waffles

It's 3:30 p.m. Kids, hungry after school, lean against the shopping carts their mothers push down crowded aisles. I watch a middle-aged guy jump the check-out line.

He sees me see him and does a defensive "who me?" shrug. Hurried myself, I bite my tongue, check my list and press on. There is a tall brunette bearing down on me. I do a half pirouette to let her by and hear a little voice, upturned, just finishing a question on the woman's far side. As they pass me I hear her brisk reply: "We are not here for fun. We are here for things to eat."

I pause carefully on the threshold of judgment. I have always tried to avoid shopping-as-chore. We used to make food shopping an adventure, now it is a creative exercise in lunch kit supply choices.

The truth is that shopping is a chore, especially at this hour, especially when your legs are little and everyone's patience is thin. I realize what I am feeling is an empathy wince.

Being a parent is filled with daily obstacle courses, small and large. The afternoon meltdown hours between 3:30 and 6:30 p.m. are a particularly trying sprint. A homework hatchet hangs heavy and urgent over our household tonight, so I keep moving, wedge the freezer door open with my hip, grocery basket biting into my forearm, bottle returns clanking on my other flank. I try to smile at the kids hauling backpacks past me, and nod as we navigate the space so the parents know there is no pressure from me, even if they are in the middle of a teary negotiation in the frozen waffle section.

Judgment is a withering thing under which family life does not thrive. We must allow room for each other. The guy who jumped the line though? He needs remedial kindergarten. CATHERINE JACKSON OF YUMMYMUMMYCLUB.CA

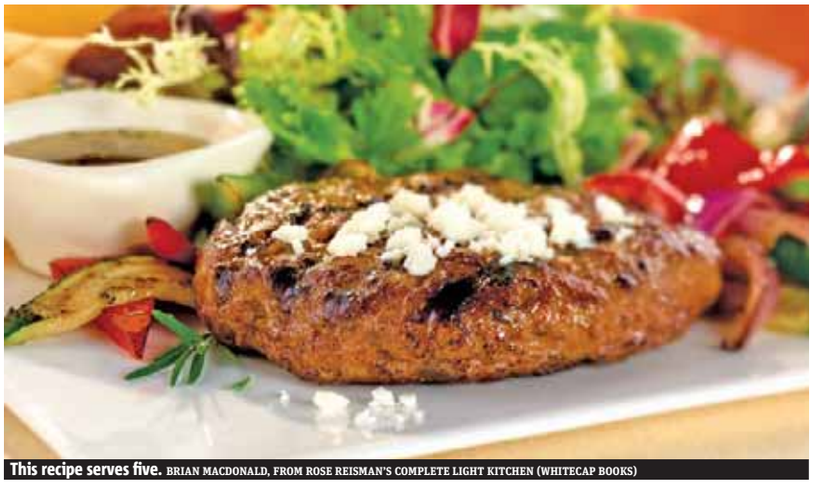
A taste of Greece in a burger

ROSE REISMAN
for more, visit
rosereisman.com

Add some mushrooms, feta cheese and oregano and you have a whole new burger.

Try substituting ground chicken, turkey or veal. Forget the bun — I love to serve these over a bed of couscous.

But if you're serving them on a bun, be sure to include lettuce, tomatoes and onions for an extra serving of veggies.



This recipe serves five. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1 cup chopped mushrooms
- 1/2 cup chopped onion
- 1/3 cup light feta cheese, crumbled
- 1 lb extra-lean ground beef or lamb
- 1/4 cup finely chopped fresh chives
- 3 tbsp chopped fresh oregano
- 2 tbsp barbecue sauce
- 3 tbsp dry seasoned bread crumbs
- 2 tsp minced fresh garlic
- 1 egg
- 3 tbsp chopped oregano

1. Spray a non-stick skillet with cooking oil; add the mushrooms and onions and cook over medium-high heat for 4 minutes or until softened and browned. Remove from the heat. Stir in the feta.

2. Combine the beef, chives, oregano, barbecue sauce, bread crumbs, garlic and egg in a bowl. Stir in the onion mixture. Mix thoroughly. Form into 5 patties.

3. Spray a non-stick grill pan or barbecue grill with cooking oil and heat to medium-high. Grill the patties for 3 to 5 minutes per side or until no longer pink in the centre. (Alternatively, place on a baking sheet in the centre of a preheated 450 F oven for 10 to 15 minutes or until cooked through, turning once.) Garnish with oregano and crumbled feta cheese, if desired. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Healthy eating

Choose it and lose it

ROSE REISMAN
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Pizza is everyone's favourite takeout, but with stuffed crusts and fatty toppings, just a few slices will cost you in fat and calories.

Pizza Hut Italian Classic (2 medium slices with stuffed crust)

860 calories/ 36 g fat

Two slices, barely a meal, give you half your daily calories and fat.

Equivalent

Two medium slices of Pizza Hut Italian Classic pizza with stuffed crust is equal in fat to an entire Piller's kolbassa sausage.

Pizza Hut Triple Crown (2 medium slices with thin crust)

440 calories/ 16 g fat

Just choosing one meat and choosing a thinner crust saves half the fat and calories.

Four-Tomato Salad — an array of textures and flavours

Ingredients

- 1/2 cup sun-dried tomatoes, rehydrated
- 2 cups sliced field tomatoes
- 2 cups halved red or yellow cherry tomatoes
- 2 cups quartered plum tomatoes
- 1 cup sliced sweet onion
- 1/2 cup chopped fresh basil
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 1/2 tsp minced garlic
- 1/2 tsp granulated sugar
- pinch ground black pepper

ROSE REISMAN
for more, visit
rosereisman.com

The contrasting colours and textures of the tomatoes in this salad are what make it so sensational. If you can find grape tomatoes, they are even sweeter than cherry tomatoes.

1. Place the tomatoes, onion and fresh basil in a serving bowl or on a platter.

2. Whisk the vinegar, oil, garlic, sugar and pepper together. Pour over the salad. Serve immediately.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

This recipes serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

How to mess up the very first meeting

Don't, just don't.
On avoiding the opportunity ambush

YLVA
VAN BUUREN
careerbear.com

The job interview is one of the most important parts of the job-search process, and one that you have far more control over than you think, says Stefan Danis, CEO of Mandrake. Here are common interview mistakes and his advice on how to avoid them — and get the job of your dreams.

Fight the desire to fib about your employment history. ISTOCK

Come unprepared
The job description is usually filled with information about what type of employee the company is looking for, so spend time positioning how your experience and competencies match up. "The bad (move) is you come in and talk about yourself but in no way relate your narrative to what the company is looking for," says Danis. Questions during the interview will invariably relate to the job description. Consider rehearsing your answers in front of a mirror so you give the answer in the best possible way. "You must remain authentic in your response as opposed to rehearsed, however," he says.

Don't ask questions
You can extract a tremendous amount of information as an interviewee, says Danis. Right off the top, ask how the interview will be structured — so you know how much time you have and how you should tailor the length and detail of answers. Then, "in a perfect world you would finish every single answer with a query that would reflect back to the interviewer. For example, how is this competency valued within your organization?" Before you leave, ask for feedback. "Most interviewers will share with you what they thought right away if you ask them, but most people leave without asking the question." Ask.

Forget common courtesies
Don't be late. It's disrespectful and reflects on your personality and, possibly, work ethic. Also, turn off your cellphone. Surprisingly, almost 20 per cent of interviewees don't, says Danis. If you forget to turn off your cell and the phone rings, apologize and quickly turn it off pronto. If you are experiencing some sort of crisis that requires you be connected warn the interviewer ahead of time that you might get an urgent call. But the situation must be critical!

Make the interview all about work
The resumé got you the interview, says Danis, and odds are the fit will get you the job. Employers unearth fit by understanding how you go about your business and who you are. Include references to your personal life on your resumé and during the interview. "Some people think life outside of work is not relevant to work ... but I would say quite the opposite, that life outside of work is in fact what gets you the job." Also, the biggest mistake in terms of high performance interviewing is to not create an interactive experience, says Danis. Don't just answer questions and match what the interviewer is asking. Engage in a real back and forth conversation.

Dress inappropriately
Most companies have a dress code and there's nothing wrong with calling ahead and asking what it is. "It's foolish to not look what I call 'one level up'... if you look one level down, you're underdressed relative to the interviewer and you've made a big mistake. If you're dressed like they are, great. If you're dressed one level up, nothing bad happens," Danis says.

Lie through your teeth
Research shows that many people lie about things such as their education, work history and credentials. In fact, education verification is one of the fastest growing segments of hiring, says Danis. "Don't lie about anything. We live in the digital age and you'll be found out — dismissed from a process."

And then I learned to ski...

"Some people think life outside of work is not relevant to work ... but I would say quite the opposite."

Stefan Danis
CEO of Mandrake

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The In-Credibility Factor

Working hard while doing good

TURNING POINT
Teresa Kruze
life@metronews.ca

James Temple was named one of North America's top corporate responsibility practitioners by the Centre for Sustainability and Excellence. PROVIDED

Name: James Temple
City: Toronto
Age: 29
Occupation: Corporate responsibility director at Pricewaterhouse-Coopers LLP

James Temple worked as a professional musician, sold doughnuts and hauled manure for a greenhouse. Deciding he needed a fresh start, Temple went back to school to study geographic analysis. He is now a corporate responsibility director, encouraging thousands of employees to give back and make a difference in their communities. Temple encourages employees to be a catalyst for change and to always watch the "triple bottom line" of planet, people and profit.

I knew I was on my way when...
I was on stage delivering a TED talk (a non-profit organization devoted to ideas worth spreading) about how to embrace your inner "advoteer" and to help fuel a career with purpose. I was finally able to articulate how everyone's professional contributions could help address society's challenges, and how businesses could integrate social purpose, environmental sustainability, and economic integrity into their operations.

Since then I've been interviewed by Forbes.com and have presented at conferences around the world.

Action Plan

- Never compromise your values and learn alongside others by asking the right questions. Remember that good listeners earn people's respect.
- Be curious and bold because you grow most when you're uncomfortable. Harness the feeling and let it energize you.
- If you think you've got your career planned out then go in the opposite direction. Remember that young rivers meander, while old streams end up going in one direction and dry up altogether.

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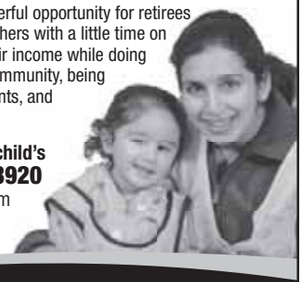

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NFL

Female kicker tries out for Jets

Lauren Silberman's NFL tryout lasted all of two kicks, neither of which travelled 20 yards.

Silberman, 28, became the first woman to compete at an NFL regional scouting combine on Sunday, but left the New York Jets practice field after re-injuring her quadriceps. She tried two kickoffs, the first going 19 yards and the second about 13 yards, and then asked to see a trainer.

Lauren Silberman
THE ASSOCIATED PRESS

The former collegiate soccer player was examined off to the side of the practice field. About 30 minutes later, while 36 other kickers continued their workouts, she called the scene "surreal" and thanked the NFL for "this tremendous opportunity."

THE ASSOCIATED PRESS

Golf

Thompson trumps Honda Classic field

On a long, hard day at the Honda Classic, Michael Thompson relied on a superb short game to win for the first time on the PGA Tour.

Thompson seized control with a 50-foot eagle putt on the third hole, then kept his distance with clutch par saves. It gave him a 1-under 69 and a two-shot win over Geoff Ogilvy.

"This week was magical," Thompson said. "Just had a groove and kept feeling it."

THE ASSOCIATED PRESS

MLB

Villarreal's family unharmed in kidnapping attempt

The Detroit Tigers say reliever Brayan Villarreal is not expected to leave spring training after his family escaped unharmed from a kidnapping attempt in Venezuela on Friday night.

Villarreal has remained with the team. Manager Jim Leyland did not want to comment further, saying Sunday: "The less said, the better." THE ASSOCIATED PRESS

Canucks tough guy Tom Sestito takes a punch from new Flames enforcer Brian McGrattan on Sunday night in Calgary. LARRY MACDOUGAL/THE CANADIAN PRESS

Iginla remains hot as Flames edge Canucks

NHL. Captain leads way as Calgary ends two-game slide vs. Northwest rivals

On Sunday

Flames	Canucks
4	2

Jarome Iginla scored the game-winning goal at 12:36 of the third period to lead the Calgary Flames to a 4-2 win over the Vancouver Canucks on Sunday.

After scoring just once in his first 16 games of the season, Iginla now has five goals in the past four contests.

Mike Cammalleri scored a pair of goals for the Flames (8-8-4), who snapped a two-game losing streak. Lee Stempniak finished with a goal and an assist.

Jannik Hansen had a goal and an assist for the Canucks (11-6-4), who have lost three of their past four games. Chris Higgins also scored for Vancouver, which beat the L.A. Kings 5-2 one night earlier at home.

Making just his second career NHL start, Danny Taylor stopped 29-of-31 shots he faced to earn his first-ever win.

Roberto Luongo made 21 saves in the Vancouver net in a losing cause.

Due to a snowstorm, the Canucks didn't even arrive at the Calgary airport until 3:30 p.m., just 2 1/2 hours before game time.

Nonetheless, it was Vancouver that opened the scoring at 7:49 of the first period when Higgins took a breakaway pass from Hansen and then snapped a shot to the blocker side past Taylor.

The Flames pulled even late in the first when Cammalleri wired a shot from just inside the blue-line past Luongo. The veteran Vancovuer netminder actually got a piece of the puck with his glove hand, but it still managed to sneak past him and into the net.

THE CANADIAN PRESS

NHL. Kane cans winner as Hawks' streak continues

Patrick Kane scored with two minutes left in regulation Sunday to extend Chicago's season-opening point streak to 22 games. DUANE BURLESON/THE ASSOCIATED PRESS

Patrick Kane had a couple shots that simply could not be stopped.

Just like the Chicago Blackhawks.

Chicago extended its NHL-record season-opening points streak to 22 games Sunday when Kane scored the tying goal on a power play with 2:02 left in regulation and the Blackhawks earned an extra point when the forward scored the only goal in a shootout of a 2-1 win over the Detroit Red Wings.

"Just amazing what's going on," Kane said.

Corey Crawford was perfect in the shootout and finished with 32 saves to help Chicago win a ninth straight game.

The Blackhawks have earned at least a point in 28 straight games dating back to last season to tie the second-longest streak in league history. They've matched Montreal's multi-season points run from the 1977-78 season and trail Philadelphia's streak of 35 straight games with at least a point during the 1979-80 season. THE ASSOCIATED PRESS

4 SPORTS

Brier title proves elusive for Gushue

Newfoundland-Labrador skip Brad Gushue calls for the sweep from Geoff Walker, left, and Adam Casey at the Brier in Edmonton on Saturday. JASON FRANSON/THE CANADIAN PRESS

Curling. Newfoundland skip would prefer Canadian title over another Olympic gold

An Olympic gold medal came early in Brad Gushue's curling career. Winning a Canadian championship is taking longer.

"I'm the only curler I think in the world right now that would want to win a Brier more than the Olympics," said Gushue, who is skipping Newfoundland and Labrador for a 10th time at the Brier.

"I think everybody here, I think if you would ask them to take an Olympics or a Brier, they would choose Olympics. For me, personally, I'd choose the Brier. My teammates might not like that, but I've won an Olympics before. This is a special event for me and something I want to check off from the list of goals."

Gushue was just 26 when he and Mark Nichols, Russ Howard and Jamie Korab won men's curling gold at the 2006 Winter Olympics in Turin, Italy.

Gushue threw fourth stones and was Howard's vice-skip. It was the first curling gold for a Canadian men's team after it became an official Olympic sport in 1998.

At 32, Gushue is considered a contender going into any Brier because of the Olympic gold. He's lived up to that billing for the most part despite a lineup change almost every year.

Gushue's teams have made the Brier playoffs six of his previous nine years. He was a runner-up to Glenn Howard at the Tim Hortons Brier in 2007 in Hamilton.

He tied for first with Alberta's Kevin Martin and Jeff Stoughton at 9-2 in the preliminary round in 2011, but lost in the semifinal.

The skip is still appalled, however, at his 5-6 record last year in Saskatoon.

"After my disappointing showing last year, personally, I just want to come and erase that and play the way I'm capable of playing and see where things fall," Gushue said. "I think if I was capable of playing the way I'm playing, we would have won seven games or so." THE CANADIAN PRESS

Rocky opening weekend

Rogue rocks were the theme of opening weekend of the Canadian men's curling championship.

- Skips' brows furrowed over a new set of curling rocks purchased recently by the Canadian Curling Association. They said some rocks in their set of eight didn't behave like the others, making it difficult to decide broom placement and weight calls.
- Among the unhappy skips was pre-tournament favourite Kevin Martin of Alberta. The reigning Olympic gold medallist opened the Brier in his hometown with a pair of losses before beating B.C. 10-3 on Sunday evening for the host province's first victory.

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	43	14	.754	—
Indiana	38	22	.633	6½
New York	35	21	.625	7½
Atlanta	33	25	.569	10½
Chicago	34	26	.567	10½
Brooklyn	34	26	.567	10½
Boston	31	27	.534	12½
Milwaukee	29	28	.509	14
Philadelphia	23	35	.397	20½
Toronto	**23**	**37**	**.383**	**21½**
Detroit	23	39	.371	22½
Cleveland	20	39	.339	24
Washington	19	39	.328	24½
Orlando	16	44	.267	28½
Charlotte	13	45	.224	30½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	47	14	.770	—
Oklahoma City	43	16	.729	3
L.A. Clippers	43	19	.694	4½
Memphis	39	19	.672	6½
Denver	38	22	.633	8½
Golden State	33	27	.550	13½
Utah	32	27	.542	14
Houston	33	28	.541	14
L.A. Lakers	30	30	.500	16½
Portland	27	31	.466	18½
Dallas	26	33	.441	20
Minnesota	20	36	.357	24½
Phoenix	21	39	.350	25½
New Orleans	21	39	.350	25½
Sacramento	20	40	.333	26½

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results

Miami 99 New York 93
Oklahoma City 108 L.A. Clippers 104
Memphis 108 Orlando 82
Sacramento 119 Charlotte 83
Washington 90 Philadelphia 87
San Antonio 114 Detroit 75
Houston 136 Dallas 103
Indiana 97 Chicago 92
L.A. Lakers 99 Atlanta 98

Monday's games — All Times Eastern

New York at Cleveland, 7 p.m.
Utah at Milwaukee, 8 p.m.
Miami at Minnesota, 8 p.m.
Orlando at New Orleans, 8 p.m.
Atlanta at Denver, 9 p.m.
Charlotte at Portland, 10 p.m.
Toronto at Golden State, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	22	14	8	0	77	64	28
New Jersey	21	10	6	5	52	56	25
Philadelphia	23	11	11	1	66	68	23
NY Rangers	20	10	8	2	51	51	22
NY Islanders	22	9	11	2	64	75	20

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	22	14	4	4	68	53	32
Boston	19	14	3	2	57	42	30
Ottawa	23	12	7	4	52	44	28
Toronto	22	13	9	0	64	55	26
Buffalo	23	9	12	2	60	73	20

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	21	12	8	1	63	59	25
Winnipeg	21	10	10	1	55	64	21
Tampa Bay	21	9	11	1	73	67	19
Washington	20	8	11	1	55	59	17
Florida	22	6	11	5	55	82	17

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	19	0	3	70	41	41
St. Louis	21	11	8	2	60	61	24
Detroit	22	10	8	4	61	59	24
Nashville	22	9	8	5	46	54	23
Columbus	22	6	12	4	49	66	16

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	21	11	6	4	61	58	26
Minnesota	21	11	8	2	49	51	24
Calgary	20	8	8	4	57	68	20
Colorado	20	8	8	4	50	60	20
Edmonton	21	8	9	4	51	58	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	3	2	71	55	32
San Jose	20	10	6	4	47	44	24
Dallas	22	11	9	2	61	63	24
Phoenix	21	10	8	3	62	59	23
Los Angeles	19	10	7	2	49	47	22

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results

Chicago 2 Detroit 1 (SO)
NY Islanders 3 Ottawa 2 (SO)
Columbus 2 Colorado 1 (OT)
Dallas 4 St. Louis 1
Carolina 3 Florida 2
NY Rangers 3 Buffalo 2 (SO)
Montreal 4 Boston 3
Minnesota 4 Edmonton 2
Calgary 4 Vancouver 2

Saturday's results

Philadelphia 2 Ottawa 1
Boston 3 Tampa Bay 2
Buffalo 4 New Jersey 3 (SO)
Washington 3 Winnipeg 0
Pittsburgh 7 Montreal 6 (OT)
Carolina 6 Florida 2
Phoenix 5 Anaheim 4 (SO)
Vancouver 5 Los Angeles 2
San Jose 2 Nashville 1

Monday's games — All Times Eastern

New Jersey at Toronto, 7 p.m.
Tampa Bay at Pittsburgh, 7:30 p.m.
Anaheim at Phoenix, 9 p.m.
Nashville at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Phg	10	24	34
Stamkos, TBL	15	17	32
Vanek, Buf	12	15	27
Kunitz, Phg	11	16	27
St. Louis, TBL	5	21	26
Tavares, NYI	13	12	25
Kane, Chi	10	15	25
Voracek, Phi	9	16	25
Zetterberg, Det	6	19	25
Staal, Car	12	12	24
Ribeiro, Wash	7	17	24
Moulson, NYI	10	13	23
Datsyuk, Det	8	14	22
Giroux, Phi	7	15	22
Getzlaf, Ana	7	15	22
Elias, NJ	5	17	22
Thornton, SJ	4	18	22
Neal, Phg	13	8	21
Kadri, Tor	8	13	21
D. Sedin, Van	8	13	21
Purcell, TBL	4	17	21
Ladd, Win	12	8	20
Koivu, Ana	7	13	20
H. Sedin, Van	3	17	20

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If someone provokes you today your instinct will be to hit back fast and hard, but it would be better if you control yourself. The planets indicate that revenge is unnecessary. Rivals and enemies will self-destruct soon enough.

♉ Taurus
April 21 - May 21
You know that appearances can be deceptive, so don't jump to conclusions today. With Venus, your ruler, at right angles to Jupiter you may get completely the wrong end of the stick, with less than enjoyable results.

♊ Gemini
May 22 - June 21
There are times when you must look out for Number One and this is one of them. If you allow yourself to be taken in by a sob story today you will surely regret it later.

♋ Cancer
June 22 - July 23
You may have bitten off more than you can chew but it's no big deal. As the Sun edges closer to the midheaven angle of your chart you need to be a bit more adventurous.

♌ Leo
July 24 - Aug. 23
Decide what is of most importance to you personally and focus all your energy on that one thing. Others may say you are being selfish, and maybe you are, but since when has that been a crime?

♍ Virgo
Aug. 24 - Sept. 23
Are you happy with the way your life is going? If not you must do something about it. A big wave of change is coming and if you are ready, you can ride it to success.

♎ Libra
Sept. 24 - Oct. 23
You may get quite upset today, especially if you see some sort of injustice taking place. But don't get too emotional because your job is to find a practical solution.

♏ Scorpio
Oct. 24 - Nov. 22
The planets warn you should be on your guard, especially when dealing with business and financial matters. If someone sees that you want something badly enough they will push up the price.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't change things when you don't have to. With Jupiter, your ruler, so active at the moment all you have to do is be yourself and keep doing what you already do so well. You're on the cusp of success already.

♑ Capricorn
Dec. 22 - Jan. 20
There are things going on behind the scenes that are going to affect you in a big way over the next few weeks. For that reason alone you must not commit yourself.

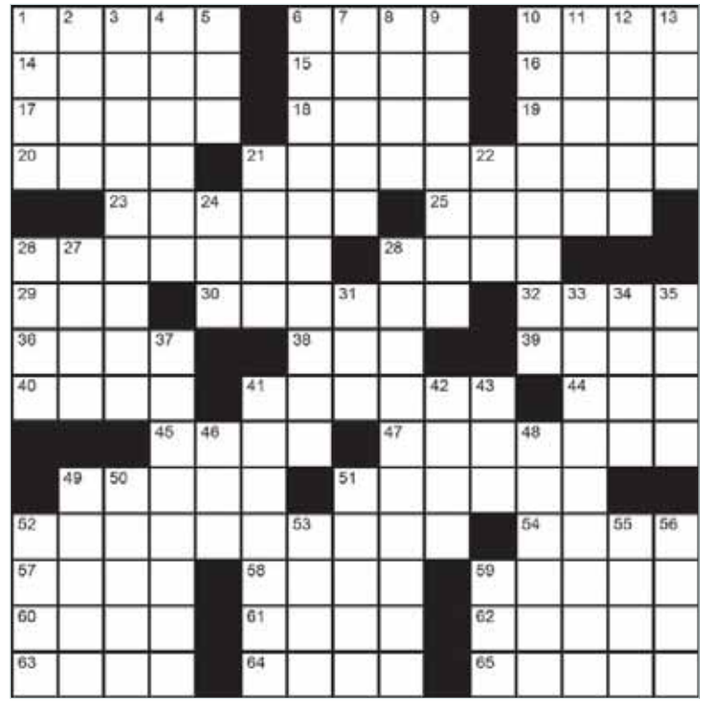
♒ Aquarius
Jan. 21 - Feb. 19
However anxious you may be about a certain situation there is no need to change what you are doing. Time is on your side and Lady Luck will sooner or later act in your favor.

♓ Pisces
Feb. 20 - March 20
Be careful when dealing with employers, authority figures and other important people over the next few days. You may want to impress them but what you don't want to do is come across as desperate.

SALLY BROMPTON

Crossword: Canada Across and Down

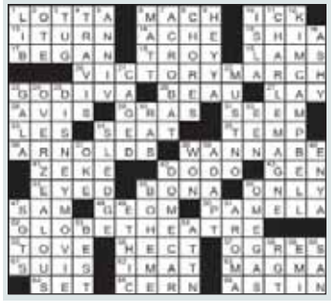
BY KELLY ANN BUCHANAN



Across
1. TD Canada __
6. 007, et al.
10. "Bud the __" (Song by #9-Down)
14. Weight unit
15. "Cast Away" (2000) transport
16. Ice cream __
17. Use the towel again
18. Farewell, in Rome
19. "__ boy!" (Well done)
20. 'Chick' suffix
21. Pre-Harper Prime Minister: 2 wds.
23. Quebec's Lachine __
25. Life sign
26. Take the train or bus
28. Abundant
29. Kimono sash
30. Located in Nunavut, it's Canada's largest island
32. Colourful plastic parts on binder separators
36. Negative replies in Montreal
38. Elles opposites
39. Missing-a-member quartet
40. Ooze
41. __ Social Scene
44. Make long grass short
45. Cosmetic cream content
47. Red Rose products: 2 wds.
49. Jeans fabric
51. Like many chips
52. Marvel products: 2 wds.
54. Some pol. party members
57. Mayberry kid of '60s TV
58. "If all __ fails..."
59. Ms. Roberts
60. Pell-__ (In haste)
61. "__ Window" (1954)
62. Luminous
63. Barack Obama's li'l title
64. Items on a landscaper's truck
65. Slammers in England

Down
1. When tripled, war movie of 1970!
2. Repented
3. Sabotage
4. Horror flick franchise
5. Scottish writer, Josephine __
6. "Rebellion (Lies)" band from Montreal: 2 wds.
7. __ Julius Caesar
8. Frying pan name, _-__
9. Canadian music legend, __' Tom Connors
10. Gone with the Wind protagonist
11. Paul who famously sang "Nessun Dorma"
12. Free from knots
13. Hollywood icon James
21. Pocket bread
22. Montreal musician, Melissa __ der Maur
24. "Coronation Street" hangout
26. Jailbirds
27. Double-reed woodwind
28. Adrenaline junkies: 2 wds.
31. Rapper, __ Rida
33. Plated burrowing mammal
34. Book genre, for short
35. Plants seeds
37. Cocker and Springer
41. Winnipeg Blue __
42. Tube-shaped fishies
43. Singer/pianist, __ King Cole
46. Driver's need, for short
48. Kind of whale
49. Steroids-using athlete
50. Actor Mr. Hirsch
51. "What a pity.": 2 wds.
52. Free pass, commonly
53. Margarine
55. Sci. class
56. Carpentry tools
59. Series Toronto-born actor David James Elliott starred on

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7		6	9	8		2	
4								8
		1				5		
5	1		9		3		8	4
				2				
8	9		1		4		6	7
		3				8		
7								9
	4		7	8	1		5	

Friday's Sudoku

9	1	4	5	7	2	3	6	8
5	3	8	9	4	6	2	1	7
7	6	2	3	1	8	5	4	9
8	2	3	7	5	1	4	9	6
1	4	9	8	6	3	7	5	2
6	5	7	4	2	9	1	8	3
2	8	5	1	9	7	6	3	4
4	9	6	2	3	5	8	7	1
3	7	1	6	8	4	9	2	5

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -4° MIN: -8°	MAX: -8° MIN: -12°	MAX: -5° MIN: -12°

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